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ABSTRACT

This instructor's packet accompanies the learning activity package (LAP) on oral hygiene. Contents included in the packet are a time sheet, suggested uses for the LAP, an instruction sheet, final LAP reviews, a final LAP review answer key, suggested activities, additional resources (student handouts), student performance checklists for both assisting with oral hygiene and mouth care for an unconscious patient, and student completion cards to issue to students as an indicator of successful LAP completion. (YLB)

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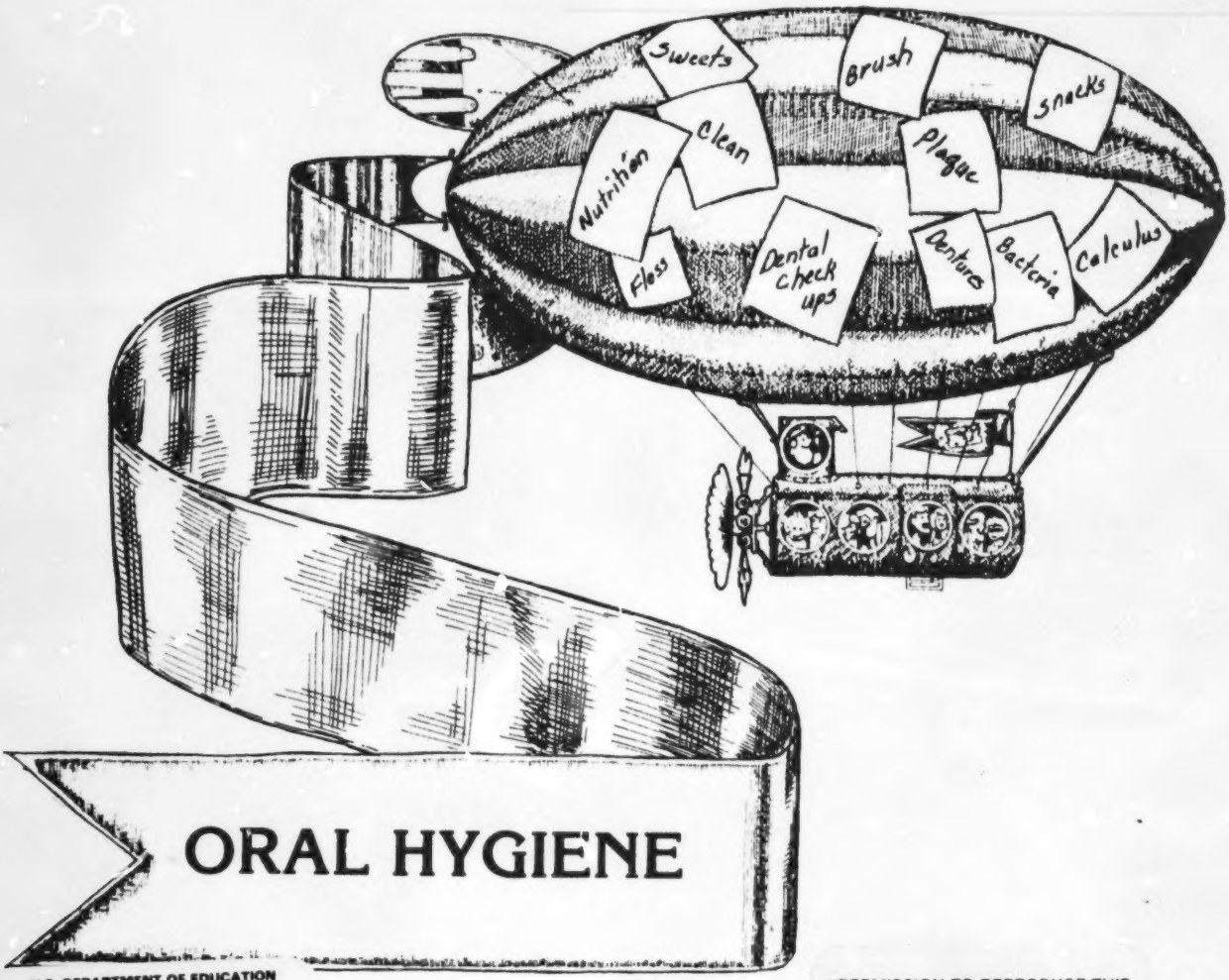
LAP Learning Activity Package

Instructor's Packet



ORAL HYGIENE

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Wilson Riles, Superintendent of Public Instruction
Sacramento, 1982

CE033801

ORAL HYGIENE

INSTRUCTOR'S PACKET

PREPARED BY: KIRSTEN HIME, RN
INSTRUCTOR, RIVERSIDE COUNTY ROP

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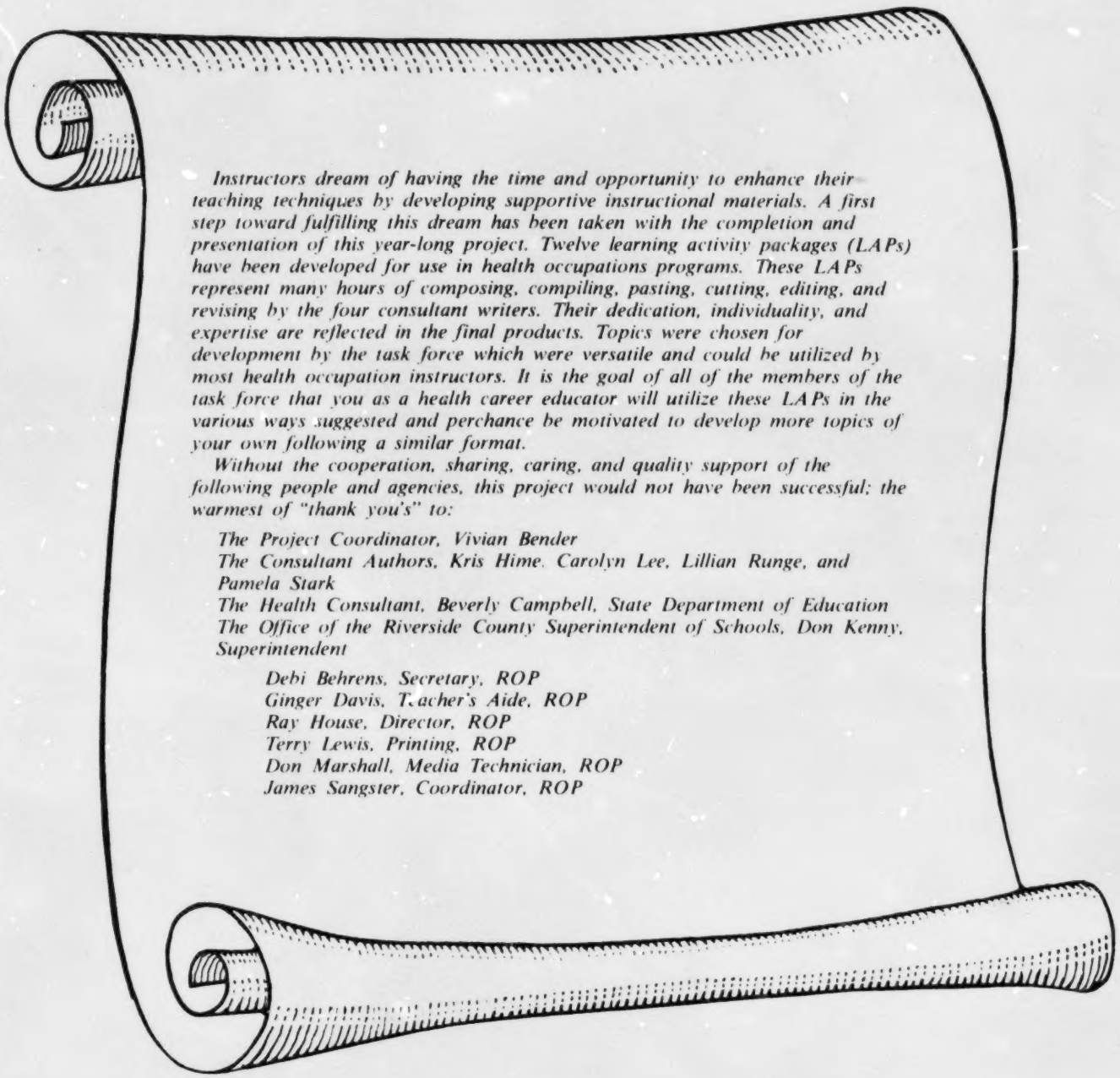
"Learning Activity Packages"



Instructors dream of having the time and opportunity to enhance their teaching techniques by developing supportive instructional materials. A first step toward fulfilling this dream has been taken with the completion and presentation of this year-long project. Twelve learning activity packages (LAPs) have been developed for use in health occupations programs. These LAPs represent many hours of composing, compiling, pasting, cutting, editing, and revising by the four consultant writers. Their dedication, individuality, and expertise are reflected in the final products. Topics were chosen for development by the task force which were versatile and could be utilized by most health occupation instructors. It is the goal of all of the members of the task force that you as a health career educator will utilize these LAPs in the various ways suggested and perchance be motivated to develop more topics of your own following a similar format.

Without the cooperation, sharing, caring, and quality support of the following people and agencies, this project would not have been successful; the warmest of "thank you's" to:

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INSTRUCTOR'S PACKET

A LAP IS AN INDIVIDUALIZED LEARNING ACTIVITY PACKAGE TO ASSIST THE STUDENT TO ACQUIRE KNOWLEDGE FOR A SPECIFIC TOPIC.

INCLUDED IN THIS PACKET ARE THE FOLLOWING:

1. Suggested uses for LAP
2. Instruction sheet
3. LAP review
4. LAP review key
5. Suggested activity list
6. Additional resources
7. Student completion cards
8. Student work sheet

TIME REQUIRED WILL VARY WITH EACH STUDENT, BUT THE INSTRUCTOR SHOULD ALLOW AT LEAST _____ MINUTES FOR THE STUDENT TO COMPLETE THIS LAP.

SUGGESTED USES FOR THE MATERIALS INCLUDED IN THIS LAP ARE LISTED BELOW:

REVIEW

EVALUATION

SPIRIT MASTERS

XEROX

HANDOUTS

REMEDIAL WORK

TOPIC CHALLENGE FOR STUDENT

OVERHEADS

DITTOS

POSTERS

MAKE-UP WORK

CLASSROOM ACTIVITIES

INSTRUCTION SHEET

1. GIVE EACH STUDENT A LAP.

2. HAVE EACH STUDENT READ THE LAP AND COMPLETE THE REVIEW SECTIONS.

   THE STUDENT MUST GET EVERY QUESTION IN THE REVIEW SECTION CORRECT BEFORE CONTINUING ON TO THE NEXT TOPIC. IF ALL OF THE ANSWERS ARE NOT CORRECT, REPEAT THE SECTION OR TOPIC.

3. WHEN THE LAP IS COMPLETED, THE LAP AND WORK SHEETS SHOULD BE TURNED IN TO THE INSTRUCTOR, AND THE STUDENT SHOULD BE GIVEN THE FINAL LAP REVIEW.

4. AFTER ALL* OF THE FINAL LAP REVIEW QUESTIONS ARE ANSWERED CORRECTLY, THE STUDENT WILL RECEIVE A COMPLETION CARD. COMPLETION CARDS ARE INCLUDED IN THIS PACKET.

5. THE TIME FOR COMPLETING THE LAP WILL VARY WITH EACH STUDENT.

*IF THE STUDENT DOES NOT ANSWER ALL OF THE QUESTIONS CORRECTLY, RETURN THE LAP TO THE STUDENT FOR FURTHER REVIEW.

ACHIEVEMENT REVIEW ANSWER SHEET FOR ORAL HYGIENE

Essay

1. _____
   _____
   _____
   _____

2. _____
   _____
   _____
   _____

3. _____
   _____
   _____
   _____

4. _____
   _____
   _____
   _____

Matching

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

ACHIEVEMENT REVIEW ANSWER SHEET

TRUE OR FALSE

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.
11.
12.
13.
14.
15.
16.
17.
18.
19.
20.

THE PRIZEWINNER

ORAL HYGIENE ACHIEVEMENT REVIEW

Essay

1. WHY IS ORAL HYGIENE IMPORTANT FOR YOU, THE STUDENT?

2. HOW ARE DENTURES KEPT WHEN THE PATIENT IS NOT WEARING THEM?

3. WHAT PART DOES GOOD NUTRITION AND NONSTICKY SNACK FOODS PLAY IN GOOD ORAL CARE?

4. DESCRIBE BRIEFLY HOW YOU SHOULD BRUSH YOUR TEETH.

Matching

1. DENTURES _____
2. SORDES _____
3. GLYCERIN _____
4. EMESIS BASIN _____
5. FOWLERS _____
6. CARIES _____
7. BITE-BLOCK _____
8. UNCONSCIOUS _____
9. FLOSS _____
10. PLAQUE _____

A. TOOTH DECAY
B. LUBRICANT
C. HEAD OF BED ELEVATED
D. PARTIAL DENTAL PROTHESIS
E. SORES IN THE MOUTH
F. KIDNEY-SHAPED PAN
G. FALSE TEETH THAT ARE REMOVABLE
H. A DEVICE THAT CAN HOLD THE MOUTH OPEN
I. DISEASE-CAUSING BACTERIA
J. SOMEONE YOU CANNOT AWAKEN
K. A DENTURE BRUSH
L. I DON'T KNOW DEVICE
M. STRING-LIKE THREAD THAT YOU USE TO CLEAN BETWEEN YOUR TEETH

TRUE OR FALSE

1. YOU SHOULD ALWAYS REPORT UNUSUAL OBSERVATIONS.
2. DENTURES RARELY CAUSE MOUTH OR GUM IRRITATIONS.
3. NUTRITION IS IMPORTANT FOR GOOD ORAL HEALTH.
4. FLOSSING ISN'T NECESSARY EVERYDAY.
5. BACTERIA IS THE BASIC PROBLEM OF MOUTH AND GUM DISEASE.
6. HALITOSIS IS CAUSED BY FREQUENT BRUSHING.
7. UNSWEETENED CEREAL IS ALL YOU SHOULD BUY IF YOU LIKE DRY CEREALS.
8. POPCORN IS AN EXCELLENT SNACK FOOD.
9. ALL BACTERIA ARE HARMFUL.
10. IT IS RECOMMENDED THAT YOU BRUSH ONLY YOUR TEETH AND NOT YOUR GUMS.
11. FLOSS GOES UNDER THE GUM LINE AND MUST CLEAN BOTH SIDES OF THE TOOTH SURFACE.
12. YOU ALWAYS DO AS MUCH AS YOU CAN TO HELP THE PATIENT; YOU NEVER ENCOURAGE SELF-CARE.
13. ALWAYS EXPLAIN THE PROCEDURE TO THE PATIENT EVEN THOUGH HE OR SHE IS UNCONSCIOUS.
14. IT IS NOT NECESSARY TO RECORD THAT ORAL HYGIENE WAS GIVEN.
15. YOU NEVER REMOVE A DENTURE BY PULLING ON THE METAL CLASPS.
16. IT IS NOT NECESSARY TO KEEP DENTURES IN WATER.

17. WHEN CLEANING DENTURES, YOU SHOULD LINE THE SINK WITH A PAPER TOWEL OR CLOTH.

18. IT ISN'T IMPORTANT TO OBSERVE YOUR UNCONSCIOUS PATIENT'S LIPS AND MOUTH.

19. ALWAYS PLACE THE UNCONSCIOUS PATIENT'S HEAD TO THE SIDE WHILE PERFORMING ORAL CARE.

20. IT IS RECOMMENDED THAT YOU DILUTE MOUTHWASH 1:3.

INSTRUCTOR

ANSWERS FOR ACHIEVEMENT REVIEW OR ORAL HYGIENE

Essay

1. Good oral hygiene keeps the mouth, teeth, and gums healthy. It helps to prevent dental caries.

2. Dentures should be kept in water or mild antiseptic solution in a container labeled with the patient's name. The container should be kept in the bedside stand.

3. It prevents the formation of dental caries. Sticky snacks are difficult to remove even with good mechanical cleansing.

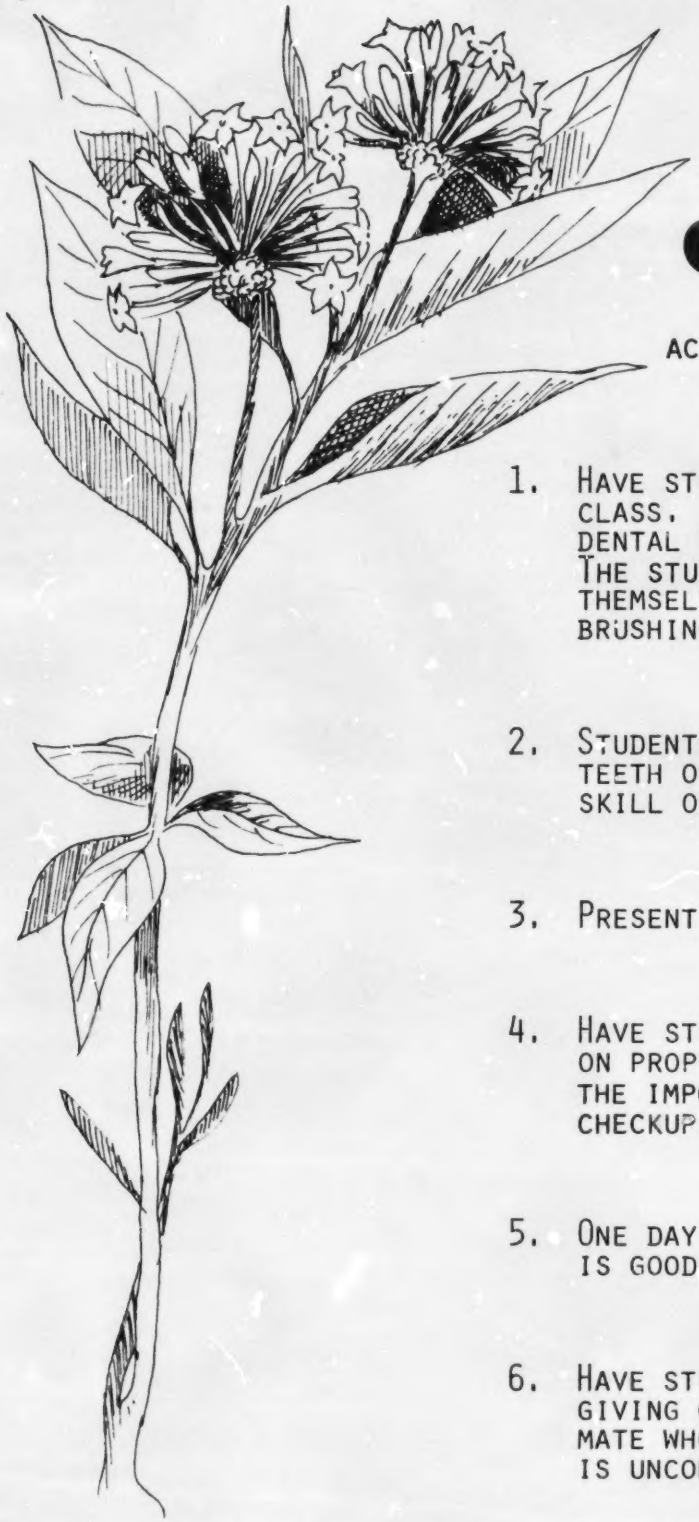
4. Thoroughly brush all tooth surfaces with toothbrush at an angle. Brush your gums, palate, and tongue. Rinse thoroughly.

Matching

1. G
2. E
3. B
4. F
5. C
6. A
7. H
8. J
9. M
10. I

True or False

1. T
2. F
3. T
4. F
5. T
6. F
7. T
8. T
9. F
10. F
11. T
12. F
13. T
14. F
15. T
16. F
17. T
18. F
19. T
20. F



Growth...

ACTIVITIES FOR ORAL HYGIENE

1. HAVE STUDENTS BRING TOOTHBRUSHES TO CLASS. THE INSTRUCTOR WILL PROVIDE DENTAL FLOSS AND DISCLOSING TABLETS. THE STUDENTS SHOULD DEMONSTRATE ON THEMSELVES THE PROPER TECHNIQUE FOR BRUSHING TEETH.

2. STUDENTS SHOULD PRACTICE BRUSHING THE TEETH OF OTHER STUDENTS TO ACQUIRE SKILL OF CARING FOR OTHERS.

3. PRESENT TABLE CLINIC ON ORAL HYGIENE.

4. HAVE STUDENTS DO EXTRA CREDIT POSTERS ON PROPER ORAL CARE, NUTRITION, OR THE IMPORTANCE OF REGULAR DENTAL CHECKUPS.

5. ONE DAY A WEEK HAVE A GOODIE SNACK THAT IS GOOD FOR YOU.

6. HAVE STUDENTS SET UP FOR AND PRACTICE GIVING ORAL HYGIENE TO ANOTHER CLASSMATE WHO IS ROLE PLAYING SOMEONE WHO IS UNCONSCIOUS.

RECOMMENDED QUICKIE SNACKS

- CRACKERS, TOMATO, OR V-8 JUICE
- ORANGE WEDGES OR TANGERINE SLICES WITH MILK
- PINEAPPLE CHUNKS WITH MEAT CUBES (SPAM) AND MILK
- CHEESE SPREAD ON RYE CRACKERS AND MILK
- APPLE QUARTERS, RAISINS, AND MILK
- TOAST STICKS, CHEESE DIP, AND LEMONADE
- BROWN BREAD WITH CREAM CHEESE (CUT INTO THIRDS); OR HAMETTES (¼ HAM SANDWICH) AND PINEAPPLE JUICE
- BOLOGNA TRIANGLES WITH PICKLE AND CHEESE SLICES AND MILK
- MEAT SPREAD ON CRACKERS AND TOMATO JUICE
- MIX OF RICE CEREAL, WHEAT CEREAL, BROKEN PRETZELS, AND TOMATO JUICE
- CORN TORTILLAS WITH MELTED CHEESE AND ORANGE OR TOMATO JUICE
- CANTALOUPE BALLS, MELON BALLS, GRAPES, AND MILK
- APPLE BUTTER ON TOAST TRIANGLES AND MILK
- CHERRY TOMATOES AND CELERY STICKS STUFFED WITH CREAM CHEESE
- CHEESE CUT IN WEDGES WITH RYE WAFERS AND CRANBERRY JUICE
- FRANKFURTER CHUNKS WITH FRESH PINEAPPLE AND MILK
- DRIED FRUITS--DATES, FIGS, APRICOTS, RAISINS--WITH MILK

- CREAM CHEESE BALLS ROLLED IN BLUEBERRIES (OR PINEAPPLE SHREDS AND COCONUT) AND ORANGE JUICE

- SOUPS IN A CUP--BEEF BROTH, VEGETABLE, CHICKEN WITH RICE, CLAM CHOWDER, ETC.--AND WHEAT WAFERS

- SAUSAGES ROLLED IN CABBAGE LEAVES

- BABY BEETS IN ORANGE SAUCE

- CUCUMBERS IN SOUR CREAM

- BEAN SPROUTS WITH SOY SAUCE AND CHINESE NOODLES

Fact or Fiction?

HERE ARE TEN STATEMENTS. CAN YOU TELL WHETHER THEY ARE TRUE OR FALSE?

____ 1. TOOTH DECAY CAN BE PREVENTED BY DRINKING LOTS OF MILK.

____ 2. IT IS AS IMPORTANT TO CARE FOR PRIMARY TEETH AS IT IS TO PRESERVE THE PERMANENT TEETH.

____ 3. DENTAL PLAQUE FORMS AS A RESULT OF EATING FOOD.

____ 4. FLUORIDE IS A NATURAL SUBSTANCE WHICH HELPS PREVENT TOOTH DECAY.

____ 5. IF YOUR GUMS BLEED WHEN YOU CLEAN YOUR TEETH, IT IS A SIGN OF DISEASE.

____ 6. A CHILD'S FIRST DENTAL VISIT SHOULD TAKE PLACE WHEN HE OR SHE STARTS KINDERGARTEN.

____ 7. A TOOTHBRUSH AND DENTAL FLOSS ARE BOTH NECESSARY FOR EFFECTIVE PLAQUE REMOVAL.

____ 8. NO MATTER WHAT THEY DO, MOST PEOPLE WILL LOSE MOST OF THEIR TEETH BY AGE 65.

____ 9. EATING CRISP FOODS KEEPS THE TEETH CLEAN.

____ 10. NOTHING CAN BE DONE TO SAVE A TOOTH THAT HAS BEEN KNOCKED OUT.

ANSWER SHEET

FALSE 1. MILK IS A FINE SOURCE OF CALCIUM, WHICH IS ESSENTIAL TO THE DEVELOPMENT OF TOOTH STRUCTURE. ONCE DEVELOPMENT IS COMPLETE AND TEETH HAVE APPEARED IN THE MOUTH, THEY CANNOT ABSORB MORE CALCIUM.

TRUE 2. ALTHOUGH THEY REMAIN IN THE MOUTH ONLY A FEW YEARS, PRIMARY TEETH ARE NEEDED FOR CHEWING, SPEECH, APPEARANCE, AND AS GUIDES FOR THE PERMANENT TEETH.

FALSE 3. DENTAL PLAQUE FORMS CONSTANTLY, EVEN WHEN NO FOOD IS EATEN.

TRUE 4. FLUORIDE OCCURS IN VARYING AMOUNTS AND IN MANY WATER SUPPLIES AND FOODS, AND IT HELPS TO PREVENT TOOTH DECAY WHEN THE PROPER AMOUNT IS MADE AVAILABLE TO THE TEETH.

TRUE 5. BLEEDING GUMS WHEN THE TEETH ARE CLEANED IS AN EARLY SIGN OF PERIODONTAL (GUM) DISEASE.

FALSE 6. CHILDREN SHOULD BEGIN DENTAL VISITS WHEN THEY ARE ABOUT TWO IN ORDER TO PROMOTE POSITIVE ATTITUDES TOWARD DENTAL CARE AND TO PREVENT SERIOUS PROBLEMS FROM DEVELOPING.

TRUE 7. FLOSS IS NEEDED TO CLEAN TOOTH SURFACES THE BRUSH CANNOT REACH.

FALSE 8. WITH PROPER PERSONAL AND PROFESSIONAL CARE, MOST PEOPLE CAN KEEP THEIR TEETH ALL THEIR LIVES.

FALSE 9. EATING CRISP FOODS DOES NOT REMOVE PLAQUE.

FALSE 10. IF TREATMENT IS UNDERTAKEN IMMEDIATELY, A DENTIST MAY BE ABLE TO REPLACE SUCH A TOOTH IN THE JAW.

DENTAL HEALTH

Everyone plays the game of HEALTH whether he or she wants to or not. What is your score? And your risk of having dental disease?

SWEETS	0 Desserts only fresh fruit	1 Desserts less than 3 times each week	2 Desserts 3-5 times each week	3 Desserts once a day	4 Desserts with lunch and dinner	5 Desserts with each meal and candy nibbling
CLEAN	1 Brush and floss	2 Brush daily, floss occa-sionally	3 Brush daily	4 Brush occasion-ally	5 That's the dentist's job	6 Never
ORAL CHECK-UPS	1 Every 6 months	2 Every year	3 Within last 2 years	4 When convenient	5 When I have trouble	6 Never
REFINED CEREALS	1 Never eat them	2 Maybe when eating away from home	3 A time or two each week	4 Daily	5 Don't know what they are	6 Practically every meal
EATING BETWEEN	1 Never	2 Once in a while	3 Once a day	4 2 or 3 times a day	5 3 or 4 times a day	6 Only eat once a day "All day"

FOR YOUR SCORE---ADD UP THE NUMBERS IN EACH CATEGORY THAT MOST NEARLY DESCRIBES YOU.

If you were born and raised in an area with fluoridated water, subtract 5 points.
If during the ages of 3-12 years you had regular fluoridation treatments, subtract 3 points.

If your score is: YOUR SCORE

4-10 You're headed in the right direction.
11-15 You're better than average.
16-20 You need to make some changes.
21-25 You're headed for trouble.
26-30 FALSE TEETH ARE AVAILABLE (for a fee).

22

NAME _____

DATE _____

STUDENT PERFORMANCE CHECKLIST FOR ASSISTING WITH ORAL HYGIENE

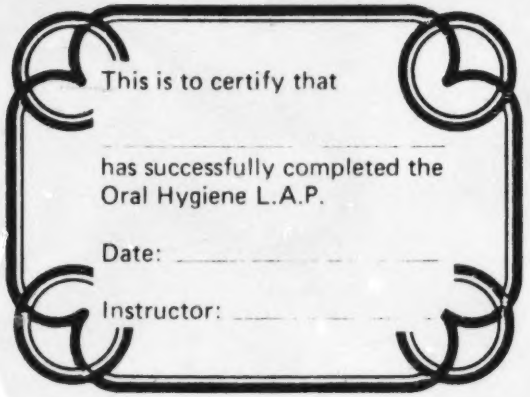
	No	Yes	Remark
1. Washed hands			
2. Assembled necessary equipment			
3. Explained the procedure			
4. Screened the patient			
5. Raised head of the bed to a sitting position			
6. Placed bath towel over patient's gown and covers			
7. Wet toothbrush and applied tooth-paste (Gave to patient)			
8. Gave patient cup of water			
9. Offered mouthwash			
10. Removed basin and offered tissue or washcloth			
11. Removed towel			
12. Rinsed toothbrush and cleaned emesis basin			
13. Returned equipment to proper storage area			
14. Recorded procedure			

NAME _____

DATE _____

STUDENT PERFORMANCE CHECKLIST
FOR
MOUTH CARE FOR AN UNCONSCIOUS PATIENT

		No	Yes	Remark
1.	Washed hands			
2.	Assembled necessary equipment			
3.	Explained procedure			
4.	Positioned patient on side with head turned to one side			
5.	Placed towel under patient's chin			
6.	Opened mouth gently with tongue depressor			
7.	Using padded tongue blades or lemon-glycerin swabs, thoroughly swabbed the inside of mouth teeth, tongue, and roof of mouth			
8.	Rinsed mouth using clean, padded tongue depressor moistened with water or diluted mouthwash			
9.	Applied lubricant to lips			
10.	Cleaned and replaced equipment			
11.	Recorded procedure			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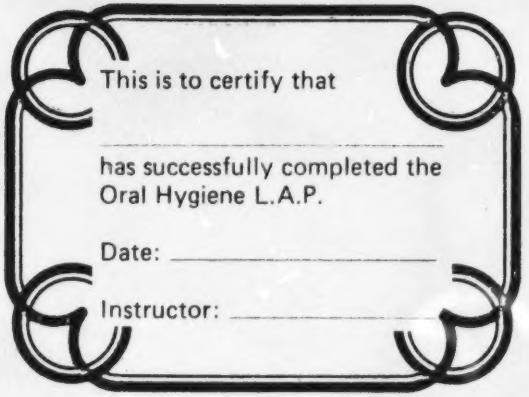
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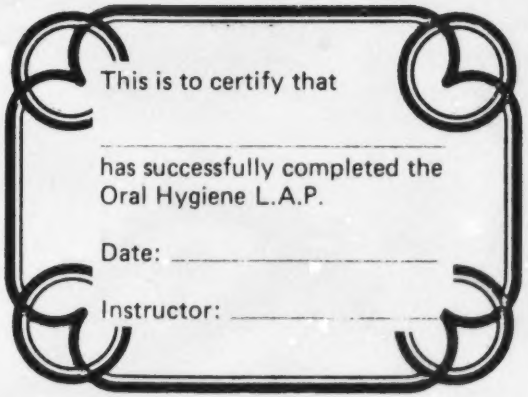
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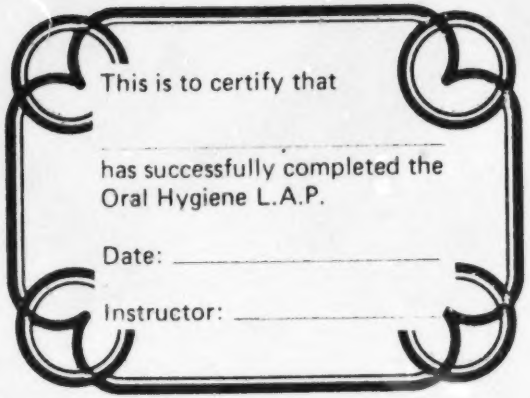
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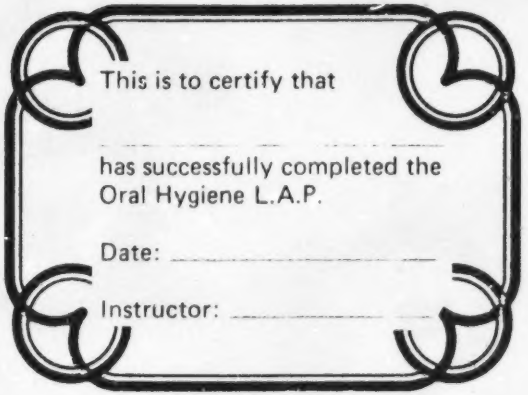
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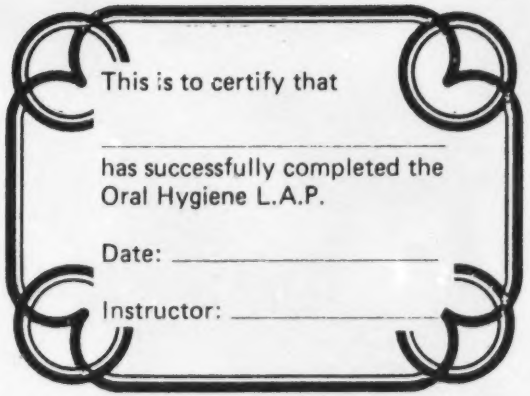
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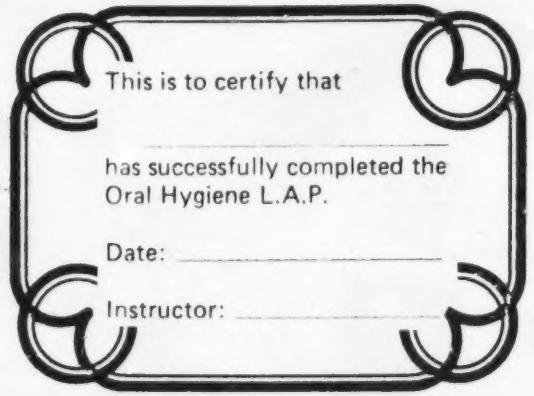
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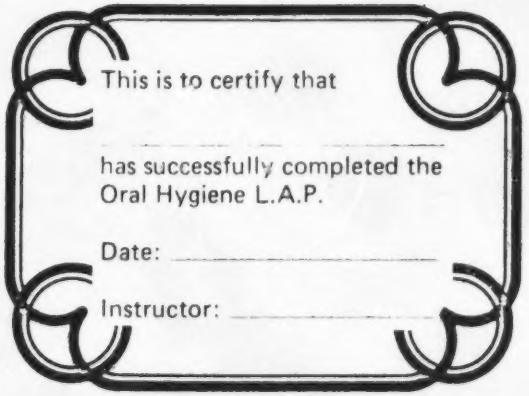
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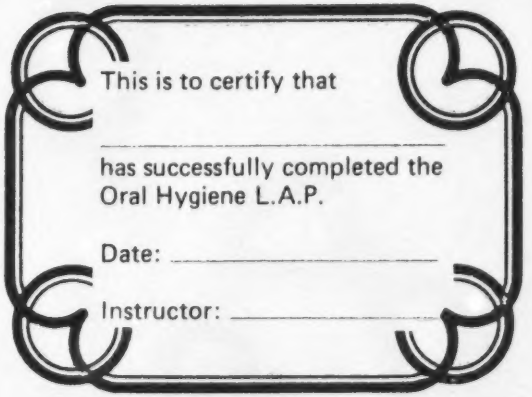
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YOUR VERY OWN WORK SHEET

Learning Activity Packages
Available from the Department of Education

This learning activity package is one of a series of 12 titles relating to health careers that are available from the California State Department of Education. A student packet and an instructor's packet are published in each of the following subjects:

Blood Pressure
Confidentiality
Grooming
Handwashing Technique
Metric System
Nutrition
Observation of Patient
Oral Hygiene
Shock and Anaphylactic Shock
The Surgical Scrub
Syncope
Temperature, Pulse, and Respiration

Student packets are available at $1.75 each, plus tax, and instructors' packets at $1.50 each, plus tax.

Orders should be directed to:

California State Department of Education
P.O. Box 271
Sacramento, CA 95802

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